

Cambridge Therapy Centre – CBT, Counselling & Psychotherapy Online

Spletno svetovanje, ki ga ponuja Center Cambridge Therapy, nudi svetovanje ljudem z različnimi težavami. Na voljo je svetovanjem prek šifrirane e-pošte ali videokonferenčnih programov. Za tiste, ki živijo v Združenem kraljestvu je na voljo tudi telefonsko svetovanje, ki ga izvajajo klinični psihologi.

Ciljne skupine

- Odrasli

Teme

- Drugo

Vrsta dobre prakse

- Svetovanje

Jezik

- Velika Britanija

Opis

The Cambridge Therapy Centre offers online counselling via e-mail, secure instant messaging, video conference or telephone by a Clinical Psychologist. If the client chooses to make use of e-mail counselling, he or she will spend 50 minutes writing the e-mail and the therapist will in return spend 50 minutes on reading the email and composing the reply to the client. If the client chooses counselling via secure instant messaging, he or she agrees on a fixed 50 minute appointment slot, during which they will talk to each other via a free instant text messaging service. Counselling via secure video conference is probably most like face to face counselling. There the client and therapist also agree a fixed 50 minute appointment slot. For people living in the UK there's additionally the option of telephone counselling. Online counselling is not suitable for clients who find themselves in an acute crisis situation, are suffering from psychiatric disorders and/or are experiencing psychotic episodes or for people who need a medical diagnosis or a prescription.

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Online Counselling



New client enquiry

Existing clients:







About your therapist:

I am a registered Clinical Psychologist, as well as a fully qualified counsellor and psychotherapist with additional qualifications in online and telephone work. I am registered with the Health and Care Professions Council (HPCP), the United Kingdom Register of Counsellors / Psychotherapists (UKRCP) and am a senior accredited member of the British Association for Counselling and Psychotherapy (BACP). I am also a member of the Association for Counselling and Therapy Online (ACTO). All of my work is carried out in accordance with the BACP's Guidelines for Online Counselling and Psychotherapy, as well as the Code of Ethics drawn up by ACTO. I am also a BACP senior accredited supervisor. If you are interested in online supervision, you can still find out how I work online by reading through the information below. In addition to that you can [find my supervision offer by clicking here](#).

How online counselling works:

There are several options available to you, all of which are explained below. You can choose between counselling via encrypted email, secure instant messaging, or secure video conferencing. If you live in the UK you also have the additional option of telephone counselling.

Jezik, v katerem je praksa dostopna v originalu

English

Država

UK

Povezava

<http://www.cambridgetherapycentre.co.uk/online-counselling>

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<https://www.ecounselling4youth.eu/project/>